

Growing Into You - Ages 21+

Relationships, Dating & Personal Safety Program

Supporting independence, connection, and safety in adult life.

Description

A supportive, interactive program for adults with intellectual and developmental disabilities. Through guided discussions, real-life scenarios, and accessible activities, participants learn about relationships, boundaries, consent, dating, communication, and personal safety. The program focuses on building confidence, recognizing feelings and risks, and making informed choices to navigate relationships and daily life safely and respectfully. Caregivers are supported with practical tools to reinforce learning, model healthy boundaries, and promote independence while maintaining safety.

Student Sessions

Session 1: Foundations: Body, Privacy & Self-Awareness

- Body parts, privacy & public vs. private
- Recognizing feelings, comfort & body signals

Session 2: Relationships, Consent & Choices

- Consent: yes, no, maybe & changing your mind
- Healthy vs. unhealthy relationships & boundaries

Session 3: Dating, Internet Safety & Personal Safety

- Dating basics & respectful ways to show interest
- Online safety, recognizing risks & getting help

Details

-Ages: 21+

-# of Students: 8-10 (combined gender group)

-Students: In-person

-Parents/ Caregivers: Virtual

-# of Sessions:

- 3 Parent/Caregiver (1 synchronous 1.5-hour sessions & 2 pre-recorded sessions)
- 3 Student Sessions (1.5 hours each)

-Date(s)/Time(s):

- 1/16/27, 2/27/27, 3/27/27 (10 AM-11:30 AM)
- Parent orientation on Tuesday 1/12/27 (7-8:30 PM) on Zoom & 2 pre-recordings each week.

-Clinician(s): Lucia Serio & Stephanie Jimenez + 1 support staff member

-Cost Per Participant: \$500

-Location: Club 21 Mod Pod

Parent Sessions

Session 1: Body, Privacy & Feelings

- Public vs. private (body parts, places, behaviors)
- Understanding comfort, discomfort & body signals

Session 2: Consent, Boundaries & Relationships

- What consent means & how to support it
- Respecting boundaries & recognizing red/green flags

Session 3: Dating, Internet Safety & Personal Safety

- Supporting safe dating & relationship skills
- Online safety, recognizing risk & how to get help